

Massage Device User Manual Supplement

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1. Preparation Before Massage

- **Check Environment:** Ensure a calm, clean, and well-ventilated environment.
- **Power Source:** Verify the device is fully charged or properly connected to a power outlet.
- **Read User Manual:** Familiarize yourself with safety precautions and functions.
- **Check Device Condition:** Make sure there are no loose or damaged parts.
- **User Condition:** Avoid massage if you have open wounds, skin conditions, or serious medical conditions (consult a doctor if uncertain).
- **Accessories:** Prepare necessary attachments or oils if recommended for your device.

2. Installation Method

- **Unboxing:** Carefully remove the device and components from the packaging.
- **Assembly:** Follow the provided diagrams to attach accessories correctly (if applicable).
- **Charging:** Connect the device to the provided adapter, and charge fully before first use.
- **Calibration (if needed):** Some devices require initial calibration – follow on-screen instructions or manual steps.
- **Test Run:** Switch on the device briefly to ensure all functions are operational.

3. Massage Procedure

- **Start with Low Intensity:** Begin with the lowest setting and adjust according to comfort.
- **Targeted Areas:** Use appropriate attachments for specific body parts (e.g., shoulders, feet).
- **Duration:** Limit sessions to 15-30 minutes, depending on the body part and intensity.
- **Body Position:** Sit or lie down in a comfortable posture for optimal results.
- **Safety Precautions:**
 - Avoid use on bones, joints, or sensitive areas.
 - Stop immediately if pain or discomfort occurs.
- **Post-Massage:** Drink water to aid muscle recovery and avoid sudden movements.

4. Care and Maintenance

- **Cleaning:**
 - Use a soft cloth to wipe down the device after each use.
 - Avoid water exposure unless the device is waterproof.
 - Do not use harsh chemicals or alcohol-based cleaners.

- **Storage:**
 - Store in a cool, dry place.
 - Keep away from direct sunlight and heat sources.
- **Component Replacement:** Follow the manual for replacing worn-out parts or attachments.

5. Troubleshooting

Issue	Possible Cause	Solution
Device does not turn on	Low battery	Charge the device fully.
Weak massage intensity	Blocked attachment or low charge	Check attachments .
Strange noise during operation	Loose component	Stop use and tighten components.
Overheating	Continuous use beyond recommended time	Allow the device to cool down.
Attachment not fitting properly	Incorrect installation	Reinstall as per instructions.

Note: If issues persist, refer to the original user manual or contact customer support for further assistance. Use the device only as directed for safe and optimal performance.